NUTRITION EDUCATION FOR WELLNESS (NEW) is a statewide “umbrella concept” program that facilitates consumer foods and nutrition education.

NEW is a statewide collaboration that encompasses a myriad of projects and programs that facilitate consumer foods and nutrition education among various population groups in Hawaii. NEW programs work directly with families and individuals, many of whom are living on limited incomes, and indirectly with educators and other professionals who in turn share their knowledge and skills in food education with their clientele. Programs emphasize eating local fruits and vegetables, keeping food safe to eat, preparing and eating meals together at home, and being physically active on most days.
Health-Smart Shopping

In partnership with KTA Super Stores Pharmacy, health-smart shopping tours were offered to the public at KTA Puainako in Hilo. During March (nutrition month), tours focused on making heart-healthy choices, and in November on managing diabetes for diabetes month. Participants learned to read nutrition labels, compare food products, and choose more fruits and vegetables as part of a healthy eating plan. Tours were customized according to the needs and interests of the participants in each group. Participants practiced finding information on the food labels, shared healthy eating strategies, and gained confidence in their skills to make healthy food choices.

2012 Highlights

**Diabetes, Detection & Prevention Project** provided screenings to 1,099 adults through 20 community diabetes screening events.

**Farm to Keiki** involved 550 preschool children in school implemented gardens, wellness adoption policy and increased consumption of fresh fruits and vegetables. Also provided workshops to 30 at home caregivers.

**Food Bank and Pantries** healthy eating presentations shared with 532 participants from 58 food pantries and 150 food bank conference attendees.

**Food Safety** three farm food safety workshops/conferences conducted for 120 growers.

**Expanded Food and Nutrition Education Program** enrolled 652 Hawai‘i families (2,680 adults and 1,276 youth) with 427 completing (67%) completing the 4-6 session series. In addition, 212 youth enrolled in 14 group sessions.

**Germ City** - 24 hand hygiene presentations were conducted for 1,800 students and parents and shared with an additional 3,600 individuals. 23 volunteers were trained to provide hand hygiene education which reached 500 preschoolers and staff.

**Healthy Meetings for Wellness** - workshops provided for 57 participants in three workshop sessions.

**Hawai‘i Child Care Nutrition Program** provided 194 menu reviews and 213 consultations for preschools statewide along with 20 workshops for 177 child care providers and educators.

**Nutrition Education for Wellness** website received 22,326 visits during 2010-2011.

**Supplemental Nutrition Assistance Program-Education** (SNAP-Ed) conducted 164 workshops with 3,139 participants.
Diabetes Detection & Prevention Project

Capping off 12 years of this federally funded education research project, the Hawai‘i Diabetes Detection and Prevention Project conducted 20 community diabetes screenings in FY12 (screening 1,099 adults) to identify those with or at risk for diabetes, and presented 13 workshops on living well with diabetes. The 3rd Diabetes Summit was held in Hilo for health care professionals and for people with diabetes. The two-day summit featured glucose and blood pressure screening, healthy lunches, and workshops on managing diabetes, healthy eating, and physical activity.

Funded through the US Department of Agriculture, National Institute of Food and Agriculture, the Hawai‘i project reached thousands of Hawai‘i residents through education and screening with staff who worked closely with researchers at the Joslin Diabetes Center in Boston and Extension colleagues at the Washington State University, West Virginia University, New Mexico State University, and Pennsylvania State University, to increase awareness of diabetes in our communities and teach people how to prevent, delay, and manage type 2 diabetes. Locally on Hawai‘i Island, community collaborators included Hamakua Health Center, Bay Clinic, UHH College of Pharmacy, KTA Super Stores, and many other community agencies and programs.

The successful programs conducted with the Hamakua Health Center in Honokaa and the Kohala Family Health Center were featured in oral and poster presentations at the Diabetes Workshop and Symposium in Charleston, WV, and at the American Diabetes Association Disparities Partnership Forum in Washington, DC.

2012 Diabetes Summit presenters (left to right)
Dr. Richard Jackson (Endocrinologist - Joslin Diabetes Center), Bev Brody (Fitness Trainer and Get Fit Kauai Island Coordinator), Julia Zee (Extension Educator - UH CTAHR), Amy Tousman (Nutritionist, Diabetes Educator, and Lecturer - UH CTAHR)

“Got GRUB?”

Reusable bags are an eco-friendly alternative to plastic bags and supports sustainable practices. However, improper care and use of bags can cause cross-contamination. The “Got Germ-free Re-Usable Bags?” publication was developed in partnership with the American Cleaning Institute (ACI) and distributed extension and consumer educators nationally through professional meetings, the ACI website and through local community health fairs. Check it out at:
http://www.cleaninginstitute.org/clean_living/cleaning_reusable_bags.aspx
Farm to Keiki

As part of the Healthy Hawaii Initiative, Get Fit Kauai-Communities Putting Prevention & Work, 550 preschool children from 19 preschools participated in the Farm to Keiki Hawaii program. Teachers implemented the Farm to Keiki Hawaiian Harvest curriculum (at least two monthly lessons for 12 months). The schools also adopted school wellness policies and actively worked at reducing the amount of unhealthy food served and increased the consumption of fresh fruits and vegetables through snack programs, taste tests, cooking activities, school gardening, school meals and/or farm field trips. Increased physical activity was also encouraged through gardening.

Parent workshops on gardening and nutrition held at three schools to transfer knowledge and sustain practices at home.

The program was funded by Healthy Hawaii Initiative, Get Fit Kauai-CPPW, Kauai County Farm Bureau, Title Guaranty, Strong Family Foundation, Friedman/Gyr Family Foundation.

Kauai Germ City

Besides enjoying interacting with the small animals in the petting zoo at the 2012 Kauai County Fair, fairgoers were also educated on the H3N2 influenza virus and how proper handwashing can help prevent the spread of the virus. Together with the Kauai County Farm Bureau and 4-H Livestock clubs, the petting zoo was outfitted with handwashing stations, signage, printed information and hand sanitizer at strategic locations in the livestock tent. This effort was part of the Nutrition Education for Wellness’ Germ City project.